

Banana Berry Pancakes

An excellent source of vitamin C and a good source of folate and fiber.

Preparation time: 20 Minutes

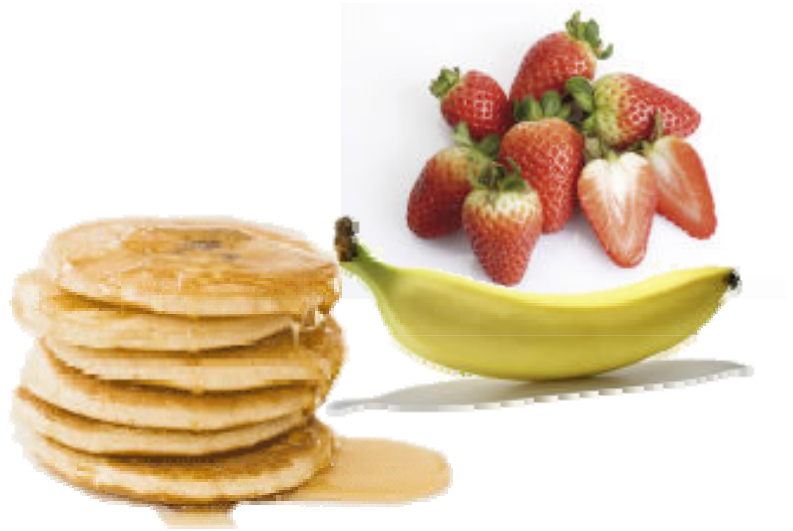
Ingredients:

Pancakes

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water

Toppings

- 1½ cups frozen strawberries (unsweetened)
- 2 tablespoons strawberry jam



Pancake Preparation: Place banana in a medium bowl and mash with a fork. Add pancake mix and water; stir until blended. Spray a large skillet with non-stick cooking spray over MEDIUM heat. Pour ¼ cup batter for each pancake into hot skillet.

Cook pancakes for about 2 minutes per side or until cooked through.

Topping Preparation: Place berries in a small bowl with jam. Microwave on HIGH for 1 minute. Stir, then cook for 1 minute more. Spoon topping over pancakes.

Serves: 4

Cups of Fruits and Vegetables per Serving: ½

Nutritional Information per Serving:

Calories: 197

Carbohydrates: 43g (reduce with *no added/reduced sugar jam)

Total Fat: 1.8g

Cholesterol: 7mg

Saturated Fat: 0.4g

Dietary Fiber: 3g

Sodium: 397mg

Protein: 4g

http://pbhfoundation.org/recipes/recipe_details.php?recordid=130